three and one-tenth per cent. the first day. After two weeks of this steady, moderate alcoholic allowance the percentage increased to fifteen and three-tenths.

Similar experiments were then tried on typesetters. These were required to set type from printed pages (to insure absolute uniformity of copy), and the total number of ems a day was computed for a week. Then, with daily gentlemanly drinks, they lost an average of nine and six-tenths per cent. in efficiency by the end of the week.

Remember, all these tests were made upon men habituated to drinking. In fact, there are hardly any other kind in Europe; in Germany or Bavaria, at any rate.

The Bavarian, German, Swedish, Danish, and Dutch subjects selected by the dispassionate professors were anything but total abstainers. They are, always have been, and in all probability always will be drinkers, as their fathers and grandfathers before them have been, and in all likelihood their children will follow in their alcoholic footsteps.

As the experimenters gradually worked up to the more complex mental processes the decrease in efficiency became more noticeable. This was particularly marked in the memory tests conducted by Professor Kraepelin and one of his pupils, Dr. Kürtz, which contemplated committing to memory for a half-hour every morning as many twelve-place figures as was possible for each subject to remember. The students would curl their legs round the chairs, chew the end of their pencils, look up at the ceiling, and mumble "one six nine, eight seven three, two one eight, one six two," or some other group of twelve numbers, until they could say them standing on one foot, with their hands tied behind their backs. They would then tackle the next group, committing as many twelve-number sets to memory as was possible in the course of the half-hour, repeating each set in a whisper to a mentor seated beside them. This was carried out for a fortnight, after which their average was computed.

Then the subjects were given a little drink each morning, just about what would be considered a good "eye opener" by the average drinker. Immediately they dropped behind in their studies. The next two weeks showed an average reduction of six and two-tenths per cent. in the number of twelve-place figures committed to memory.

Not the least interesting feature in all this work was the absolute uniformity in results. The reports in one series were never forwarded until the conclusion of the experiments in another psychological clinic. Then these were compared. Their consistency was almost startling.

All these demonstrations deal only with very moderate indulgence in alcohol, such indulgence as we are accustomed to say is "good for a man," "helps him to do his work," or "stimulates his mental activity." If the deviation had been increased in proportion to the amount administered, it is probable that the cautious professors would have had to use a yardstick or a table of logarithms in order to compute the delinquency.

Perhaps the most convincing observation was concerned in the free "association of ideas." This, when the condition is raised to the fourth dimension, causes the party of the first part to forget his watch and chain, the number of the house in which he lives, and his wife's first name. He is then in a state for which the vulgar have a variety of picturesque names. The scientist calls it "alcoholic inhibition," and he can usually define the gradients with precision.

However, we are now considering alcoholic inhibition in embryo—before it grows up and develops, as it were—and the various methods employed in classifying its general characteristics. To illustrate: If the name of an object is spoken, immediately one thinks of something in connection with that object. Professor Kraepelin's subjects were requested to write these down, enumerating as many associated objects as occurred to them in the space of five minutes. Two words were given out at each séance, five minutes being allotted to each subject. This was repeated at intervals during the day for ten days, and the average number of suggested things reckoned up. Then each evening preceding the next ten days a generous "nightcap" was donated, and the results of the following ten days' "association" computed. A loss in coördinating power in this series amounted to as high as twenty-seven per cent.

This was a remarkably convincing demonstration, and proves conclusively that one who drinks much is living only a small part of his normal life; for his brain

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WORTH WHILE FOLK: LILLIAN D. WALD

By F. L. NELSON

THE mixed tide of workers from Southern and Eastern Europe is setting in toward American shores at the rate of a million a year. Three-quarters of the number enter by the main gateway to the Promised Land, Ellis Island. Balancing against this flood tide of immigration the departures, the population of the United States is being swelled by natives of Europe at the rate of half a million a year.

Is it possible to assimilate all these people? Can we transform this crowd of workers, comprising fifty different races and a dozen different religions, into efficient citizens of the Republic? The problem becomes most obtrusive in the poorer districts of our great cities. It reaches its acute stage in that melting pot of the world's races, the great East Side of New York City, where, in the most frightful congestion in the world, nearly two thousand to the acre, are gathered over a million of the city's foreign born.

If you were to be given the task of going into the heart of that population and changing it into good American citizens, you would probably be appalled by its magnitude. Yet such was the work that a New York nurse set for herself twenty years ago.

Photo by New-York Tribune
Lillian D. Wald.

It was not the problem in the mass that first brought home to the mind of Lillian D. Wald, then a hospital nurse, the great need for "personal service" on the East Side. That might well have staggered her. It was the shock of discovering the filthy conditions surrounding one woman of the tenements whom duty called her to visit. She saw but one despairing woman to be relieved. She knew, in her sympathetic consciousness, that this woman was but a type of conditions all about her.

That principle has been carried out in the upbuilding of Miss Wald's great lifework, the Henry Street Nurses' Settlement; to view the problem in the little, to alleviate the case of distress in hand, and thereby to strike at the foundations of the condition. Now, in the lapse of twenty years' devoted service, the work inspired at the bedside of that one sick woman has grown to be one of the most powerful influences for the betterment of the metropolis and for the solution of the ultimate problem. The influence has extended from that one unclean tenement beyond the limits of the metropolitan district and throughout the land.

Miss Wald is not of those reformers who seek to uplift with sugar tongs. She believes that to uplift one must get underneath. Such was the spirit of her purpose when she went from the bedside of the sick woman to one of her sister nurses, Miss Mary M. Brewster, who has since died, and proposed that they go into the very heart of the East Side and lend their citizenship to the great work to be done there. In a measure they were pioneers.

Their first headquarters were the top floor of a tenement, whence, fortified by the semiofficial recognition of two Department of Health badges, the two faithful women began their work. The work was simple and sordid,—going into the squalid homes, seeking out the most distressing cases,—commonplace work now that the visiting nurse is as well known as the rent collector. Always they followed the great principle of helping the case in hand; with now and then, perhaps, a dream of the future, but no sidestepping that might deprive one baby of its daily, health-giving bath, one sick mother of skilled nursing, or one bed-ridden breadwinner of his medicines.

Gradually New York began to wake up to the knowledge that it had working beneath the surface a great power for good in the person of one woman. To the average New Yorker the great East Side, where in summer days the streets swarm with children from curb to curb, and on hot nights those who seek to escape the swelter of the tenements fill the open breathing spaces like sardines, is terra incognita. But when Miss Wald brought home, by plea and forceful argument, the needs of her growing work, she found many eager to help.

The first great help came when a wealthy patron purchased two adjoining Henry-st. homes that had resisted the march of the tenement, homes of fashion half a century ago when fashion and Henry-st. were not strangers. Here the settlement had its first permanent headquarters, and from these it has spread to occupy seven similar buildings along both sides of the street.

Miss Wald's work soon began to broaden in another direction; for, being an innovator, she found many imitators, and her experiments were soon being tried both by the city and by other welfare organizations. In fact, it would be no undue praise to say that a majority of the modern expedients for alleviating wrong living conditions in city slums had their origin in the brain of Lillian D. Wald. She was a pioneer in the movement for public playgrounds, now so effectively established in New York. One of the earliest playgrounds in the city was that in the back yard of the Henry Street Settlement. She led the movement for a system of nursing in the schools, the settlement lending the services of a nurse for the experiment. New York now has an organized corps of school nurses, and other cities are rapidly taking up the movement. She showed the need of public baths by establishing one in the settlement. Now several East Side schools have baths; the city has a public bath system that, while still lacking in adequacy, is excellent, and recently it went through the process of reclaiming the first section of its seashore at Coney Island.

In the ceaseless war upon tuberculosis, in the establishment of pure milk depots, a vastly important work in New York, which has contributed to reduce the rate of infant mortality to a proportionately lower figure than any other city, the Henry Street Settlement has been in the lead. The settlement maintains, opposite its Henry-st. headquarters, a thoroughly appointed milk station, to which one of its patrons contributes the entire milk production of his great estate. Miss Wald has also been a leader in the establishment of housekeeping centers, of boys' and girls' clubs, in fresh air work for babies, mothers, and convalescents.

IT is hopeless to attempt to express in figures, or by the mere numeration of activities, the influence of Lillian D. Wald. It is impressive to say that the Henry Street Settlement ministers daily to the needs of three thousand persons; that the number of its visiting nurses has grown from Miss Wald and her devoted companion to ninety-two; that from the squalid sickroom of one woman the work of nursing has spread over the island of Manhattan, divided into eleven districts, each with its headquarters and corps of nurses. It is interesting to know that the settlement maintains a well appointed convalescent home, six summer homes, a boys' camp, and two homes for girls. It is inspiring to visit the settlement, to inspect its individual activities, its neighborhood dances, its gymnasium, its kindergarten, its classrooms for boys, girls, mothers, and men.

But neither in these things, nor in the sum of them, is to be found the true influence of Miss Wald. That may be found only in the hearts of the thousands of men and women who have grown into American citizens under the touch of the Henry Street Settlement, who have gone out among their fellows with the love of Miss Wald and the desire to extend her work as the inspiration of their lives.

This is the true secret of the success of Lillian D. Wald,—to inspire others with the desire to help. It is a fine commentary on the self effacement with which she does this that, though you will find on the walls of the Henry Street Settlement the portraits of great sociologists, from Tolstoy to our own Jane Addams, inscribed with loving testimony of the influence of Miss Wald, you will look in vain for the likeness of the founder.